



Concrete Support in Times of Need

Access to resources that address a family's basic needs and minimize stress caused by challenges

What it looks like

- Adequate financial security, basic needs met
- Safe living environments, adequate food, medical care and other essential needs
- Advocating for and receiving concrete supports when needed
- Information and connections to services in the community
- Access and understanding of resources to meet family needs

Everyday actions

- Respond immediately when families are in crisis
- Provide information and connections to services in the community
- Help families to develop skills and tools they need to identify their needs and connect to supports
- Build relationships with families so they feel comfortable sharing the challenges



Social and Emotional Development of Children

Family and child interactions that help children develop the ability to recognize, communicate and regulate their emotions

What it looks like

- Encouraging and reinforcing positive social skills; setting limits in a positive way
- Age appropriate self-regulation
- Children learn how to manage and communicate their feelings

Everyday actions

- Help families understand developmentally appropriate social/emotional skills & behaviors
- Educate parents on how to encourage children to express feelings through words, artwork and expressive play
- Help children develop a positive cultural identity and interact in a diverse society
- Respond proactively when social or emotional development needs extra support
- Create an environment in which children feel safe to express their emotions



Nurturing and Attachment

A child's early experience of being nurtured and developing a bond with a caring adult

What it looks like

- Warm and consistent responses that foster a strong and secure attachment with the child
- Feeling secure in relationships with others
- Trusting that their environments are safe
- Ability to form and maintain healthy relationships with others

Everyday actions

- Create family education and skill building opportunities that promote attachment
- Model nurturing and consistent care to children and families
- Support children and families by understanding the impact of loss or trauma and how to respond appropriately

KENTUCKY STRENGTHENING FAMILIES

A Guide for Service Providers

A framework for supporting Kentucky's families



Mobilizing partners, communities and families to build family strengths, promote optimal development, increase school readiness, and reduce child abuse and neglect

For more information:
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Six Protective Factors

The Protective Factors build on and can become part of existing programs, strategies, systems and community opportunities.

- **Parental Resilience:** *Families bounce back.* Managing stress and getting through it when faced with challenges, adversity and trauma
- **Social Connections:** *Families have friends they can count on.* Having positive relationships that provide emotional, informational and spiritual support
- **Knowledge of Child Development:** *Families learn how their children grow and develop.* Understanding child development and parenting strategies that advance physical, cognitive, language, social and emotional development
- **Concrete Support in Times of Need:** *Families get assistance to meet basic needs.* Access to resources that address a family's basic needs and minimize stress caused by challenges
- **Social and Emotional Competence of Children:** *Families teach children how to have healthy relationships.* Family and child interactions that help children develop the ability to recognize, communicate, and regulate their emotions
- **Nurturing and Attachment:** *Families ensure children feel loved and safe.* A child's early experience of being nurtured and developing a bond with a caring adult



Parental Resilience

Managing stress and getting through it when faced with challenges, adversity and trauma

What it looks like

- Strength and flexibility to general life stress
- Hope, optimism, self confidence
- Problem solving skills
- Self care and willingness to ask for help
- Ability to manage negative emotions
- Strengths that keep stress from interfering with nurturing

Everyday actions

- Honor each family's race, language, culture, history and approach to parenting
- Encourage parents to manage stress effectively
- Support parents as decision-makers and help build decision-making and leadership skills
- Be welcoming and supportive
- Build relationships with families
- Involve families in decisions about their children and program
- Help parents understand how to buffer their child during stressful times



Social Connections

Having positive relationships that provide emotional, informational and spiritual support

What it looks like

- Multiple friendships and supportive relationships with others
- Feel respected and appreciated
- Accepting help from others and giving help to others
- Establishing and maintaining connections

Everyday actions

- Demonstrate in multiple ways that parents are valued
- Support parents as decision-makers and help build decision-making and leadership skills
- Help families value, build, sustain and use social connections
- Facilitate mutual support
- Promote engagement in the community and participation in community activities
- Arrange family field trips and activities
- Work closely with parent advisory groups



Knowledge of Child Development

Understanding child development and parenting strategies that advance physical, cognitive, language, social and emotional development

What it looks like

- Realistic expectations for their child's development
- Commitment to life long learning
- Positive discipline techniques; ability to effectively manage child behavior
- Recognizing and responding to your child's specific needs

Everyday actions

- Provide information and resources on parenting and child development
- Encourage parents to observe, ask questions, explore parenting issues and try out new strategies
- Address parenting issues from a strength-based perspective
- Share observations with parents about the child's strengths and the parent's strengths
- Make parent information available in families' home language